



Photo by Lisa Gonzales

## Whole body fitness

Staff Sgt. Jonathan L. Goshorn, 377th Security Forces Squadron, works out on a Nautilus multi-bicep machine at the East Fitness Center. The multi-bicep is a controlled weight machine that targets specific muscle groups, in this case the brachii and brachialis muscles. The machines are much safer than free weights and have

a counter weight reaction that optimizes the workouts during the release of each repetition. Fitness center employees pride themselves in providing world class equipment for a world class Air Force. Prepare now for the physical fitness test in January.

# SPORTS

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## ★ B-ball coaches

The fitness center is accepting applications for men's and women's varsity basketball coaches.

Submit your resume to Dan McDermott, fitness center director, by **today**.

Call 846-1102.

## ★ Flag football starts

Flag football season begins **Oct. 6**. Contact unit sports representatives or the Fitness center, 846-1102 to participate.

## ★ Disc Golf outing

Outdoor Recreation is sponsoring an over-night outing, **Sept. 28-29**, to play Disc Golf at Sipapu Resort, near Taos, N.M.

The trip includes transportation, over night accommodations, barbecue dinner, equipment and nothing but fun, fun, fun.

It's a great time to visit Sipapu while the colors are changing.

Cost \$60 a person based on double occupancy.

Call 846-1499.

## ★ Football Frenzy

Football Frenzy is every **Sunday**, during football season, 10 a.m., in the Roadrunner Lounge.

Stop by for the game of your choice (not the one the local channel picked out for you).

There will be plenty of beverages, chow, screaming and lots of great prizes. Beverage and food specials as well as great prizes are for members.

Nonmembers will be charged normal pricing.

Call 856-5165.

## ★ Personal trainers

Two personal trainers are on call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member, and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer.

Fee for consultations with the trainers is \$25 an hour.

Call 846-1102.

## ★ Golf Course Lunch

The Tijeras Arroyo Golf Course Snack Bar is offering a 10 percent discount on lunch every **Monday**, 10 a.m.-2 p.m.

Call 846-7835.

## ★ Chiefs Golf Tourney

Tijeras Arroyo Golf Course holds a Chiefs Golf Tournament, **Sept. 22**.

There is an 8:30 a.m. shotgun.

Call 846-1574.

## ★ Handball Club

The East Fitness Center Handball Club has no initiation fees or dues and no meetings--just competitive handball games.

Courts 2 and 5 are reserved 11 a.m.-1 p.m. for challenge games.

New members are always welcome. Call Bob Sanchez at 846-2454 or John Nowicki at 883-3018.

## ★ Combat Club

The Kirtland AFB Close Quarters Combat Club meets **Tuesdays**, 11 a.m.-noon, in the Rio Grande Community Center.

Close Quarter Combat is a general name given to military, police and street fighting tactics. The instructor concentrates on real-world defense combat techniques using knife, stick and unarmed combat.

Previous experience in a combat art or sport is welcome, but not required. The club is open to all Kirtland AFB personnel over 18 years. Membership is free.

Call 853-5437.

## ★ Night Hoops

Youth Programs is accepting registrations for the Operation Night Hoops Basketball League.

The league offers youth 13-18 years old the opportunity to play basketball and improve their athletic skills.

The sessions include discussions on drugs, alcohol and tobacco, the signing and reciting of a pledge to be drug-free and periodic workshops that address life skills issues.

Call Tyrone Griffin at 853-5437.

## ★ AF sports program

The Air Force has a sports program for those who excel in sports such as:

- ★ boxing
- ★ bowling
- ★ cross-country
- ★ golf
- ★ fencing
- ★ rugby
- ★ shooting
- ★ tae kwon do
- ★ track and field
- ★ triathlon
- ★ wrestling
- ★ marathon or
- ★ men's and women's basketball, soccer, softball or volleyball.

Visit <https://www-r.afsv.af.mil/FT/> or call Tech. Sgt. Bob Herring at 846-1102.

## ★ Oct. Fun Run

A Fun Run, walk, and wheelchair race is **Oct. 10** for National Disability Employment Awareness Month.

Call Tech. Sgt. Bob Herring, 846-1102, for details.

## ★ Ride of your life

The East Fitness Center holds the Air Force cycling program, "Go For The Ride Of Your Life."

You can win T-shirts, caps, towels and water bottles.

Come by the fitness center and pick up your mileage card.

Call Airman 1st Class Karen Pina at 846-1068 or Airman 1st Class Jason Lambright at 846-1102.

## ★ Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays and Fridays**, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes.

Call Staff Sgt. Barbara Dixon at 846-1102.

## ★ Swim program

Kirtland aquatic club offers a swimming program for adults of all swimming ability.

Membership privileges include access to the Kirtland AFB indoor pool and USA Swimming certified coaches during designated practice times.

Practice times are **weekdays**, 6-8 p.m. and **Saturdays**, 9-11 a.m.

Call Steven Morrell at 259-2098 or Rob Jones at 271-9586.

## ★ Swim Lessons

Swimming Lessons are **Tuesdays** and **Thursdays**.

Lessons are 30 minutes and run from 4-6 p.m., \$24 a session.

Register at the Indoor Pool.

Call 846-5485.

## ★ Run for Your Life

The Run for Your Life sponsored by the East Fitness Center is under way.

Participants are authorized three miles daily on equipment in the center.

At the 250-mile mark, participants are awarded a patch.

At 500 miles, athletes receive a T-shirt, at 1,000 miles a jacket and at 2,000 miles, a jogging suit.

Call 846-1102.

## ★ Big Guns Club

Be part of the Big Guns Club. To qualify, men must be able to complete:

- ✓ 75 military style push-ups,
- ✓ 20 military style pull-ups, and
- ✓ bench press their weight and a half.

Women must be able to complete

- ✓ 30 military style push-ups,
- ✓ 2 military style pull-ups and
- ✓ bench press their weight.

T-shirts will be given to all participants who qualify. Register at the East Fitness Center. Call 846-1102.

## ★ Big Guns Club II

My Gun's are Bigger than Yours! To qualify you must be able to complete:

- ✓ Shoulder press your bodyweight (males)
- ✓ Shoulder press 50 percent your bodyweight (females)
- ✓ 50 military style dips (males)
- ✓ 25 military style dips (females)
- ✓ Preacher curl 65 percent your bodyweight (males)
- ✓ Preacher curl 35 percent your bodyweight (females)

Call 846-1074.

## ★ Tae kwon do

The Rio Grande Community Center will have a tae kwon do class (Korean karate) every **Tuesday** and **Thursday**, 6-8 p.m. Cost is \$25 a month and 10 percent off for club members.

Call 853-1861.